Journal 6: Reflection

I finished up my month of field experience at Mankato West and it was a wonderful experience. It taught me what really goes into being a physical education teacher. I spent the whole experience in three periods of a freshman physical education class. I was glad I was able to spend time with different class periods because it showed me how different classes can vary. The first two classes had more special need students that were part of the Ninth Grade Academy. They were students that had trouble focusing in class so they would get them active early in the day so they could focus better for later classes. Those first two periods were harder to get motivated and stay on task. But, once they were motivated they performed greatly.

Ms. Palmer was a great teacher to be paired with during my time at the school. I really appreciated how she would give instant feedback all the time to get the best out of Ms. Hayes and myself. She helped us get the most out of our teaching early on so by the time we were teaching lessons we were ready for it. This was great because I felt like I was better with the students which led to the students learning more which the most important part of our jobs is. The most important thing she taught me is I cannot just get in front of the class and give information. Connecting with the students and having fun with them while giving the lesson is what goes into good teaching. And once I found this out is when I got the most enjoyment out of my field experience. Her overall management of the classroom was also very impressive. I will take much of what I learned into my own classroom someday. It was great to learn from someone who was so experienced in the field.

Overall I could not ask for a better field experience. I felt I learned something new every day I was there. It was great to get into a physical education class room compared to tutoring in other fields I would not be working with like my last field experience. It verified for me that this is what I want to do for a career and know I will enjoy every minute of it.